

MINDSETS FOR MOTIVATION

Dr. Carol Dweck's work on "Mindsets" helps explain why some of our students give up easily and others persevere and work through frustration. Educators can use Dr. Dweck's research to help students develop a "growth mindset" in every aspect of their life. Participants will learn about growth vs. fixed mindsets, as well as practical applications to teach and reinforce these in the classroom. Dr. Dweck's research applies to all students grades K-12 and is very relevant to parents.

Academic ability is only part of student success. Educators need to be aware of students' mindsets that influence their academic achievement and help students (and parents) adopt a growth mindset. Training on mindsets has been shown to help students achieve at higher levels